



Start to Finish



A Step-by-Step Guide for Every Session



Before you start

- Is the battery charged?
- Quiet Space, seated body supported
- Wired Headphones handy
- Keep smart devices at least 3 ft away
- No product in hair (a little rubbing alcohol will remove it)
- Choose streaming app or YouTube Video



Put device on

- Let the sensors warm up on your skin
- Adjust your device so it's snug but comfortable.
- Make sure sensors are touching your scalp.
- Earclips on lobes and not touching any piercings
- Relax



Start Session

- Open sym pathway app
- Select protocol (Today's Activities)
- Complete progress tracker
- Follow prompts
- Confirm you are getting a good signal
- Start Session
- Go to streaming app and watch your video



End Session

- When the session is over a pop up will appear telling you the session is complete
- Go back to training app and select "Complete Session" to save session data

Video will play until you stop your streaming app, but your neurofeedback session is set on timer by your neuro-technician and brain training will end.



After Session

- Turn neurofeedback device off
- Close Pathway App
- Safely store tablet and device
- Every 10 sessions clean sensors w/ mild detergent